

EXERCISES FOR SHOWING UP

1. Take a look at your life with a curious eye. Where do you notice you are not showing up the way you want to? Where are you living without real commitment?
2. When you look at this area, what is the thought you believe about yourself that is holding you back?

For example, if you aren't showing up in your job, what do you believe about yourself that prevents you from taking action? Perhaps: "I'm not a go-getter," or "I'm not driven," or "I'm just here for the paycheck."

Remember, if you aren't taking the action you want, in any area of your life, it's because of a thought you have about yourself. If you aren't taking care of your body the way you want to, perhaps you have a thought like, "I've never been an athlete," or "I don't have willpower," or "I hate exercise."

Really explore the label that is keeping you from taking action and showing up committed in this area of your life.

3. Once you identify the label holding you back, establish a minimum baseline for the action you will take in this area. The minimum baseline should be small enough to be easily accomplished.
4. Commit to meeting your minimum baseline for one week. (If you can't meet the minimum baseline you will need to reduce the minimum and try again.)
5. As you meet your minimum baseline, recognize and acknowledge that you are a person that is the very opposite of your label.

For example, if you label yourself as a person who doesn't like exercise and you set a minimum baseline to put your shoes on and drive to the gym three days a week, every time you drive to the gym you are a person who exercises. Every time you meet your minimum baseline you reinforce your new identity.

6. Over time you can increase your commitment by increasing your minimum baseline.

For example, you can move from driving to the gym to getting on the treadmill for 10 minutes three days a week. And then five days a week. And then 10 minutes of weights and 10 minutes on the treadmill. You can always do more when you want, but meeting your minimum baseline gives you the confidence that you are a person who knows how to show up in their life. You will be surprised to see this confidence seep into other areas of your life.